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Peanut granules, 1-39	canned, 1-9, 2-18
Peanuts, 1-39	dry, 1-9, 2-18
Pea or Navy Beans, 1-8	Pinto Beans
Pears	dehydrated, 1-9, 2-19
canned, 2-57	dry, 1-9, 2-19
dehydrated, 2-57	canned, 1-9, 2-19
fresh, 2-56	Pistachio nuts, 1-39
Peas and Carrots	Pita Bread, 3-15
canned, 2-59 frozen, 2-59	Pizza Crust, 3-15
	Plantain, fresh, 2-64
Peas, canned	Plum Puree (Prune Paste), 2-65
Black-eyed (Beans), 1-5, 2-13	Plums (Black, Japanese, Italian, Purple, Red)
Field, 2-58	canned, 2-64
Green, 2-58	dehydrated (Prunes), 2-65
Peas, dry	fresh, 2-64
Black-eyed (Beans), 1-5, 2-13	Poi, 2-66
Split Peas, 1-40, 2-58	Pomegranates, fresh, 2-66
Whole Peas, 1-40, 2-58	Popcorn, 5-6
Peas, frozen	Pork, canned, 1-50
Black-eyed, 2-13	Pork, fresh and frozen
Chinese Snow, 2-57	Ground, 1-41
Green, 2-58	Heart, 1-42
Pigeon, Green, Peas,	Lean finely textured, C-5
Sugar-Snap, 2-59	Leg, Fresh Ham, 1-42
Peas, Green	Liver, 1-42
canned, 2-58	Loin Chops, 1-43
fresh, 2-58	Loin Roasts, 1-44
frozen, 2-58	Pig Ears, 5-5
Peas, Field, canned, 2-58	Pig Feet, 5-6
Peas, Pigeon, Green, frozen, 2-59	Shoulder, Boston Butt, 1-45
Pea Soup, canned,	Shoulder, Picnic, 1-45
condensed, 1-40	Sausage, 1-45
ready-to-serve, 1-40	Sirloin Roast, 1-46
Peas, Sugar Snap, frozen, 2-59	Spareribs, 1-46
Pecans, 1-39	Steak, 1-46
Penne Pasta, 3-27	Stew meat, 1-47
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frozen, 2-59	Pork Liver, 1-42
Peppers, Cherry, fresh, 2-60	Pork Loin Chops, 1-43
Peppers, Green Chiles	Pork Loin Roasts, 1-44
canned, 2-60	Pork, Mild Cured
fresh, 2-60	Bacon, 5-6
Persimmons, fresh, 2-61	Bacon, Canadian, 1-47
Pickle Relish, 5-5	Ham, 1-48
Pickles, 2-61	Ham Hocks, 5-6
Pie Crust, 3-15	Shoulder, Boston Butt, 1-47
Pig Ears, 5-5	Shoulder, Picnic, 1-48
Pig Feet, 5-6	Pork Shoulder, Boston Butt, 1-45
Pigeon, Green, Peas, frozen, 2-59	Pork Shoulder, Picnic, 1-45
Pimientos, canned, 2-62	Pork Sausage, 1-45
Pineapple	Pork Sirloin Roast, 1-46
canned, 2-63	Pork Spareribs, 1-46
fresh, 2-62	Pork Steak, 1-46
frozen, 2-64	Pork Stew Meat, 1-47
Pineapple Juice, canned, 2-43	Pork Stomach (Maws), 1-47
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Potatoes	canned, 2-71
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dehydrated, 2-68	frozen, 2-72
fresh, 2-66	Ravioli (noodle only), 3-16
frozen, 2-67	Red Cabbage, fresh, 2-27
Potatoes, dehydrated	Red Peppers
diced, 2-68	dehydrated, 2-60
flakes, 2-68	dried for seasoning, 5-8
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slices, 2-68	frozen, 2-59
Potatoes, diced, 2-67	Red Plums
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Potatoes, frozen	fresh, 2-64
diced, 2-67	Red Potatoes, fresh, 2-66
Shells, 2-68	Red, Small, Beans
Wedges, 2-68	canned, 1-10, 2-20
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Potatoes, Hashed patty, 2-69	canned, 2-33
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Hashed patty, 2-69	Refried Beans
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Potato Wedges, 2-68	Rice, 3-16
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Pretzels, 3-15	Wild, 3-31
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paste or puree, 2-65	or frozen)
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without pits (USDA), 2-65	Romaine Lettuce, fresh, 2-46
Pudding, 5-7	Romano Cheese, 1-24
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fresh, 2-71	Round Steak, Beef, 1-19
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R	Mayo Type, 5-7
	Salad Mix, Lettuce, 2-46
Radishes, fresh, 2-71	Salmon,
Raisins, 2-71	canned, 1-55
Ramen Noodles, 3-27	pouch pack, 1-55
Raspberries	Salsa, canned, 2-72

Saltines, 3-15, 3-31	Vegetable with Meat, 2-73
Sandwich, Steak, Beef, 1-21	Soups, canned ready-to-serve
Sardines, canned, 1-56	Bean, 1-12, 2-74
Sauce, Spaghetti, (Meatless), tomato, canned,	Minestrone, 2-74
2-84	Pea, 1-40
Sauerkraut, canned, 2-73	Tomato, 2-74
Sausage,	Tomato with Rice, 2-74
bulk, 1-45	Vegetable, 2-74
Italian, 1-45	Vegetable with Meat, 2-74
link, 1-45	Soy Bean Sprouts, 2-21
patty, 1-45	Soy Beans,
Scallops, frozen, 1-56	canned, 1-10, 2-20
Seafood, canned	dry, 1-10, 2-20
Clams, 1-50	fresh (Edamame), 2-20
Mackeral, 1-55	Soy nut butter, 1-40
Salmon, pink, 1-55 Sardines, 1-56	Soy nuts, 1-39 Spaghetti, 3-28
Shrimp, 1-57	Spaghetti Sauce (Meatless), tomato, canned, 2-84
Tuna, 1-58	Spareribs, Pork, 1-46
Seafood, fresh or frozen	Special Trim, Beef, 1-20
Clams, 1-50	Spinach
Crab meat, 1-51	canned, 2-75
Crawfish, 1-51	fresh, 2-74
Fish Fillet Block, C-5	frozen, 2-75
Fish fillets, 1-51	Spiral (Rotini) Pasta, 3-28
Fish portions, 1-52	Split Peas, dry, 1-40, 2-58
Fish steaks, 1-51	Sprouts
Fish sticks, 1-54	canned, 2-21
Mackerel, 1-54	fresh, 2-21
Minced Fish Block, C-5	Squid (Calamari), frozen, 1-57
Oysters, shucked, 1-55	Squid Meat Block, C-5
Scallops, 1-56	Squash, Summer (Yellow, Zucchini)
Shrimp, 1-56	canned, 2-76
Squid (Calamari), 1-57 Squid Meat Block, C-5	fresh, 2-75 frozen, 2-76
Seaweed, dehydrated, 2-73	Squash, Winter (Acorn, Butternut, Hubbard)
Seeds	fresh, 2-76
Pumpkin and Squash, 1-58	frozen, mashed, 2-77
Sesame, 1-59	Squash Seeds (Pumpkin Seeds), 1-58
Sunflower, 1-59	Starfruit (Carambola), fresh, 2-77
Sesame Seeds, 1-59	Steaks, (See Beef, Pork or Veal, fresh or frozen),
Sesame seed butter, 1-40	Stewed Tomatoes, canned, 2-82
Shells, pasta, 3-28	Stew Meat
Sherbet, 5-3	Beef, 1-21
Shoulder Roast, Pork	Lamb, 1-38
Boston Butt, 1-45	Pork, 1-47
Picnic, 1-45	Veal, 1-65
Shrimp	Strawberries
canned, 1-57 fresh, 1-56	dehydrated, 2-78 fresh, 2-77
frozen, 1-56	frozen, 2-77
Sirloin, (See Beef or Pork, fresh or frozen)	Stuffing, 3-15
Skim (Nonfat) Milk, 4-2	Succotash
Soda Crackers, 3-15, 3-31	canned, 2-78
Soups, canned condensed	frozen, 2-78
Bean, 1-12, 2-74	Sugar Snap Peas, frozen, 2-59
Minestrone, 2-73	Summer Squash (Yellow, Zucchini)
Pea, 1-40	canned, 2-76
Tomato, 2-73	fresh, 2-75
Tomato with Rice, 2-73	frozen, 2-76
Tomato Vegetable, 2-73	Sunflower Seeds, 1-59
Vegetable, 2-73	Sunflower Seed butter, 1-40

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Surimi, frozen, 5-3	Tongue, Beef, 1-21
Sweet Cherries	Tortilla Chips, 3-15
canned, 2-34	Tortillas, 3-15
fresh, 2-34	Tostada/Taco Shells, 3-15, 3-31
Sweet Potatoes	Tree Nuts and Other Nuts,
canned, 2-79	Almonds, 1-38
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dehydrated, 2-80	Brazil nuts, 1-38
fresh, 2-79	Cashew nuts, 1-39
frozen, 2-80	Filberts (Hazelnuts), 1-39
Sweet Rolls, 3-16	Hazelnuts (Filberts), 1-39
Swiss Chard, fresh, 2-81	Macadamia nuts, 1-39
Swiss Cheese, 1-23	Peanut Granules, 1-39
Swiss Steak and Gravy, 1-23	Peanuts, 1-39
Syrups	Pecans, 1-39
Cane, 5-7	
	Pine nuts (Pinyons), 1-39
Corn, 5-7	Pistachio nuts, 1-39
Maple, 5-7	Soy nuts, 1-39
Molasses, 5-7	Walnuts
	Black, 1-39
T	English, 1-39
T	Tripe, Beef, 1-21
Taco/Tostada Shells, 3-15, 3-31	Tuna, canned, 1-58
Tangelos, fresh, 2-81	
Tangerines	Turkey a la King, 1-64
canned (Mandarin Oranges), 2-52, 2-81	Turkey Backs, 1-60
	Turkey, Boneless, 1-62
fresh, 2-81	Turkey Breast, 1-60
Tangerine Juice, canned, 2-43	Turkey Burgers, 1-62
Tannier (Yautia), fresh, 2-87	Turkey Barbecue, 1-64
Taro (Malanga), fresh, 2-46	Turkey Chili, 1-64
Toaster Pastry, 3-16	Turkey Chili with beans, 1-64
Tomatillos, fresh, 2-81	
Tomatoes	Turkey, cooked
canned, 2-82	frozen, 1-63
	canned, 1-63
fresh, 2-82	Turkey Drumsticks, 1-60
Tomatoes, Cherry, fresh, 2-81	Turkey, fresh or frozen
Tomatoes, crushed, canned, 2-83	Backs, 1-60
Tomatoes, diced,	Boneless, 1-62
canned, 2-83	Breast, 1-60
fresh, 2-82	Burgers, 1-62
Tomatoes, whole	Drumsticks, 1-60
canned, 2-82	
fresh, 2-82	Giblets, 1-62
Tomato Juice, canned, 2-43	Gizzards, 1-62
	Heart, 1-62
Tomato Paste, canned, 2-83	Liver, 1-62
Tomato Products	Ground, 1-62
Spaghetti Sauce (Meatless), 2-84	Halves, 1-60
Tomato Paste, 2-83	Leg Quarters, 1-61
Tomato Puree, 2-83	Mechanically or hand separated, C-6
Tomato Sauce, 2-84	Necks, 1-61
Tomato Puree, canned, 2-83	
Tomato Sauce, canned, 2-84	Parts, 1-60
Tomato Soup, canned	Roast, 1-61
	Thighs, 1-61
condensed, 2-73	Whole, 1-59
ready-to-serve, 2-74	Wings, 1-61
Tomato Spaghetti Sauce (Meatless), canned,	Turkey Giblets
2-84	Gizzards, 1-62
Tomato Vegetable Soup, canned	Hearts, 1-62
condensed, 2-73	
ready-to-serve, 2-74	Livers, 1-62
Tomato with Rice Soup, canned	Turkey, Ground, 1-62
condensed, 2-73	Turkey, Halves, 1-60
	Turkey Ham, 1-63
ready-to-serve, 2-74	Turkey Hash, 1-64

Turkey Leg Quarters, 1-61	Vegetables, Mixed
Turkey, mechanically or hand separated, C-6	canned, 2-85
Turkey necks, 1-61	frozen, 2-85
Turkey, parts	Vegetable Soup, canned
Backs, 1-60	condensed, 2-73
Breast, 1-60	ready-to-serve, 2-74
Drumsticks, 1-60	Vegetable Soup with Meat, canned
Halves, 1-60	condensed, 2-73
Leg Quarters, 1-61	ready-to-serve, 2-74
Necks, 1-61	Venison (Deer), Ground, 1-37
Thighs, 1-61	Vienna Sausage, 1-37
Wings, 1-61	
Turkey Products	NA/
Creamed Turkey, 1-63	W
Turkey a la King, 1-64	Waffles, 3-15
Turkey Barbecue, 1-64	Wagon Wheels Pasta, 3-28
Turkey, Chili, 1-64	Walnuts
Turkey Chili with Beans, 1-64	Black, 1-39
Turkey Hash, 1-64	English, 1-39
Turkey Salad, 1-64	Water Chestnuts, canned, 2-86
Turkey with Gravy, 1-64	Watercress, fresh, 2-86
Turkey with Noodles or Dumplings, 1-64	Watermelon, fresh, 2-86
Turkey Roast, 1-61	Wax Beans
Turkey Salad, 1-64	canned, 2-22
Turkey Thighs, 1-61	fresh, 2-21
Turkey, Whole, 1-59	Wheat Berries, 3-24
Turkey Wings, 1-61	Wheat Cereal, ready-to-eat, 3-24
Turkey with Gravy, 1-64	Wheat Germ, ready-to-eat, 3-24
Turkey with Noodles or Dumplings, 1-64	Wheat, Cracked, 3-16
Turnip Greens	Wheat, Rolled, 3-24
canned, 2-84	Whipping (Heavy) Cream, 5-3
fresh, 2-84	White Rice, 3-29
frozen, 2-85	Whole Milk, 4-2
Turnips, fresh, 2-84	Whole or Stewed Tomatoes, canned, 2-82
Turtle (Black) Beans	Wild Rice, 3-31
canned, 1-5, 2-13	Winter Squash (Acorn, Butternut, Hubbard)
dry, 1-5, 2-13	fresh, 2-76
41), 1 0, 2 10	frozen, mashed, 2-77
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	Y
Ugli Fruit, fresh, 2-85	Yam Bean (Jicama), fresh, 2-43
	Yautia (Tannier), fresh, 2-87
V	Yeast
Veal, fresh or frozen	active dry, 5-9
Cutlets, 1-64	compressed, 5-9
Ground, 1-64	Yellow Squash
Heart, 1-65	fresh, 2-75
Liver, 1-65	frozen, 2-76
Roasts, 1-65	Yogurt
Steaks, 1-65	fresh, 1-66
Stew meat, 1-65	frozen, 5-3
Vegetables, dried for seasoning,	Yucca (Cassava), fresh, 2-87
Celery Flakes, 5-7	, , , , , , , , , , , , , , , , , , , ,
Chive Flakes, 5-7	7
Garlic, Minced, 5-8	Z
Green Pepper Flakes, 5-8	Zucchini
Mixed Vegetable Flakes, 5-8	fresh, 2-76
Onion, chopped, 5-8	frozen, 2-76
Onion, flakes, 5-8	Zwieback, 3-32
Parsley Flakes, 5-8	

